A Personal Checklist:
Likes and Dislikes

Directions: Put a (1) next to any hobbies, interests, or activities that you like. Put a (2) next to any activity you do not like. Then, put a circle around the 3 things you like to do the most.

- Playing sports
- Camping, Hiking
- Fishing
- Hunting
- Swimming
- Bicycling
- Horseback Riding
- Skiing
- Keeping pets
- Taking care of animals
- Gardening or taking care of plants
- Farming
- Woodworking
- Beauty and hair care
- Listening to music
- Writing songs, stories, poems
- Watching TV or movies
- Playing an instrument
- Being a leader of a group
- Drawing
- Painting
- Taking care of people
- Babysitting
- Going to church/synagogue/temple
- Belonging to a club
- Collecting things
- Visiting with friends
- Sleeping
- Eating
- Using a Computer
- Playing Video games
- Cooking
- Sewing
- Knitting
- Reading
- Photography
- Roller Blading
- Motorcross
- Working Out/exercising

Use this space to add other hobbies and interests you can think of:

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Adapted from "Speak Up for Yourself and Your Future", Department of Special Education, University of Vermont, 1993.
A Personal Checklist:

Personal Strengths

Directions: Put a (1) next to any sentence that describes you. When you have finished, put a circle around the 3 sentences that best describe you.

___ I'm reliable (people can count on me).
___ I'm friendly.
___ I am good at many things.
___ I try to follow instructions.
___ I like to do things with others.
___ I like to do things on my own.
___ I like to help other people.
___ I like to keep things neat and organized.
___ I like to have a good time.
___ I have good common sense.
___ I stick with things until they get done.
___ I can work out my problems on my own.
___ I ask others for help when I need it.
___ I can help others work out their problems.
___ I'm good at fixing things.

___ I have a lot of energy.
___ I'm a good listener.
___ I'm polite.
___ I'm honest.
___ I'm hard-working.
___ I'm usually on time.
___ I'm serious.
___ I'm generous.
___ I'm proud of myself.
___ I can keep a secret.
___ I'm a good friend.
___ I'm a good student.
___ I'm musical.
___ I'm artistic.
___ I'm creative.
___ I'm good with words.
___ I'm good with my hands.
___ I'm good at one or two things.

Use this space to write down your other strengths:

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Adapted from "Speak Up for Yourself and Your Future", Department of Special Education, University of Vermont, 1993.
**A Personal Checklist:**

**Skills**

**Directions:** Put a (1) next to all the things you are good at. Then, put a circle around the 3 things you do best.

I'm good at:

- Taking care of other people
- Working with other people
- Organizing things
- Making changes
- Using a computer
- Answering the phone
- Woodworking
- House painting
- Operating machines or tools
- Fixing cars
- Waiting on tables
- Doing yard work
- Farming
- Hairdressing
- Cleaning

- Reading
- Writing
- Math
- Science
- Social Studies
- Art
- Sports
- Music
- Teaching friends
- Babysitting
- Gardening
- Cooking
- Sewing or knitting
- Being a team captain

Use this space to list other things you do well:

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__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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